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ABSTRACT

This overview of program and monitoring resources for elementary, junior high, and senior high school guidance and counseling programs is intended to assist school districts in examining the role and function of their school counselors and their various program dimensions. The guide was prepared through discussions with school counselors and central office directors of guidance and counseling. Resources are organized in the following manner: (1) index of distributors; (2) alphabetical listing of resources; (3) elementary resources; (3) secondary resources; (4) affective/social skills resources; (5) catalogs and list of distributors; (6) Alberta education centers; (7) periodicals and curriculum materials for guidance and counseling; and (8) Alberta education documents reference list. The sections on elementary and secondary resources contain a description of the resource, including the type of medium, such as film, computer software, video, print, audio tape, filmstrip, print, or kit. Information is also given about the distributor. The affective/social skills resources are alphabetically listed according to title. For each resource, information is provided about the distributor, and the format. This listing does not indicate the explicit or implicit approval or recommendation of the Alberta Education. However, some resources have been authorized by Alberta Education, and are indicated with an asterisk. (LLL)

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GUIDANCE AND COUNSELLING:

A SAMPLE OF RESOURCES FOR ALBERTA SCHOOLS

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Schools, in meeting their objectives to provide effective, efficient guidance and counselling programs, may choose from a wide variety of available programs and resources. The following listing of resources, catalogues, and periodicals may help school counsellors to select resources that are suitable for their particular programs.

This guide has been prepared through discussions with school counsellors and central office directors of guidance and counselling.

The sample resources listed in this document are not comprehensive. The resources identified on the following pages were provided by the author of this monograph under contract to Alberta Education.

These titles are provided as a service only to assist local jurisdictions to identify resources that contain potentially useful ideas for teachers, counsellors, and administrators.

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Please check the ACCESS Network Media Resource Centre for the availability status of ACCESS resources. An up-to-date list of authorized resources is available from the Learning Resources Distributing Centre, 12360 - 142 Street, Edmonton, Alberta, T5L 4X9; phone (403) 427-2767.

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Information regarding the use and availability of these resources may be directed to the authors, provincial coordinator or the regional office guidance consultants. See page 41 for listing of Alberta Education offices.

Users of this document are encouraged to submit annotations to the Alberta Education Response Centre regarding additional resources so that updated versions can be developed.

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PART I

ELEMENTARY RESOURCES

All About You: Everybody Needs A Friend (Video)

Shows children that it is normal to want and to have friends for sharing ideas and feelings. Emphasizes that friends can be from different backgrounds and are in all sizes, shapes, colours and ages.

Distributor: *ACCESS Network*

All About You: No Two Alike (Video)

Helps children understand that they are each individuals and builds respect towards others' individual differences.

Distributor: *ACCESS Network*

All About You: What Are You Anyway? (Video)

Introduces the "All About You" series and provides children with the understanding that they possess unique human qualities.

Distributor: *ACCESS Network*

Chicken (Video)

This animated smoking awareness program can be used as an aid to promote decision-making and class discussion on a very important issue with young people.

Distributor: *ACCESS Network*

Courtesy . . . Who Me? (Video)

In this animated production by Eric Feldberg, Calvin isn't really a small monster — he's just one of those thoughtless kids. From the deafening crunching of cereal to pushing into the head of the line, from using other's materials to yelling at his schoolmates, he scatters annoyance heedlessly throughout his day. When even Rafe won't come over to play with him after school, he gets a message. At dinner he alarms his family by saying "thank you."

Distributor: *ACCESS Network*

***Feeling Yes, Feeling No** (Video/Print)

This is a sexual assault prevention program for children aged eight to 12 years old. The video contains a sequence of three, fifteen-minute programs plus nine hours of essential exercises to accompany the viewing of this video. The program helps children to communicate their feelings, show how and where to get help, defines the meaning of sexual assault, and teaches children how to protect themselves from sexual assault. Also available in French: Mon corps, c'est mon corps.

Distributor: *ACCESS Network*

Free To Be . . . You and Me (Video)

Independence, peer and sibling cooperation, self-fulfillment are among the concepts that are promoted through song, animated sequences, and live footage. Produced by Marlo Thomas, Harry Belafonte, Alan Alda and others. This is a recommended resource for the Grade One Social Studies curriculum. (Three, twenty-minute programs.)

Distributor: *ACCESS Network/Central Alberta Media Services*

ELEMENTARY

Inside Out (Video/Print)

Inside Out is a series of programs designed to help eight to 10 year olds achieve and maintain well-being. The programs involve children emotionally with their day-to-day problems and provides adults with insight into the emotional growth and physical development of children. The series emphasizes communication skills, involvement of the learner and interacting with others. A Teacher's Manual is also available to assist in developing activities for individual programs. (Thirty, fifteen-minute programs.)

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

***Magic Moth, The** (Video)

Adapted from the novel by Virginia Lee, this is the story of how a family copes with the death of a child. In a realistic and sensitive manner, the program presents the experience and questions of death from the viewpoint of a young boy whose sister dies after a long illness.

Distributor: *ACCESS Network*

No Show, The (Video)

This video stimulates a child's interest about the question of smoking. Designed for children in grades four to six, a group of their peers show the negative side of smoking in a series of skits and musical numbers.

Distributor: *ACCESS Network*

Solving Conflicts (Video)

Explores better ways to handle the typical conflicts all students experience on the playground, in class, and in work groups. Shows practical ways to change painful (and potentially violent) disputes into cooperative problem-solving.

Distributor: *ACCESS Network*

Thinkabout (Video)

Focuses on the skills that students must acquire and use if they are to be independent learners and problem solvers. Examines such things as how to find alternatives, collect information, use criteria and communicate effectively. (Sixty-one, fifteen to thirty-minute programs.)

Distributor: *ACCESS Network*

Well, Well, Well: Feeling Good (Video)

The powers of the mind to grow, think, dream and make decisions are described. Slim states that people have to deal with many different feelings. He shows that strong feelings can cause problems and vice versa. Problem-solving techniques are explored. Slim stresses that children should discuss difficulties with someone they trust.

Distributor: *ACCESS Network*

Self-Esteem Building (K-3) (Video)

A complete video-based teaching program, Free the Horses, is a self-esteem adventure story that helps teachers build self-esteem in children grades 1-3. The program includes 11 video-based sessions with nine follow-up reinforcement activity/discussion sessions. Children are taken on an adventure to free wild horses in a mountain cave with the help of a puppet, "Yes-Yes" and an impish gnome. This program makes teaching an "I Can..." approach to self-esteem a fun activity for teacher and children.

Distributor: *Active Parenting Publishers*

ELEMENTARY

Sense and Nonsense (Print)

Includes lesson plans, handouts, and a poster about responsible use of drugs and decision-making. Designed to compliment Alberta's health curriculum for grades four to six.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Culture Free Self-Esteem Inventory for Children (S.E.I.) (Print)

Available for use with school children from grades three through high school. This resource is in an easy-to-use pencil and paper format that is useful for group administration and can be machine-scored. The instrument has 60 items intended to measure an individual's perception of self-esteem in four areas: general self, social, school and parents.

Distributor: *James Battle and Associates*

Beginning Responsibility: Learning To Be A Good Sport (Video)

This delightfully animated program conveys through whimsical animal characters the different feelings that playing games often generates. There are bad losers and bad winners who spoil the fun of the game and forget that most of the fun comes just from participating. Young viewers will learn why good sportsmanship is important and how anyone can learn to be a good sport.

Distributor: *Central Alberta Media Services*

Beginning Responsibility: Learning To Follow Instructions (2nd Ed.) (Film)

Children learn to pay attention, catch key words, make mental pictures, ask questions and use feedback to clarify instructions.

Distributor: *Central Alberta Media Services*

Beginning Responsibility: Manners in Public (Film)

For the first time, Tommy has no adult supervision as he and his older brother go into the city. In a store, park, movie, restaurant, bus line and museum, Tommy watches the behaviour of his older brother and friends, and viewers are asked to decide which manners are best during each experience.

Distributor: *Central Alberta Media Services*

Better Safe Than Sorry II (Video)

With a group of youngsters ranging in ages from five to nine, television personality Stephanie Edwards discusses three simple rules which can help children prevent and/or deal with potential sexual abuse.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Bread and Butterflies (Video/Print)

Seeks to give students in grades four to six an understanding of successful work behaviour and to establish a connection between school and the world outside. Each program dramatizes key concepts in the areas of self-awareness and career development. (Seventeen, fifteen-minute programs; support material is available.)

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

ELEMENTARY

Cheers (Film)

Shows various scenes of underage drinking in a park, a laundromat, at home. The film raises questions about teenage and adult behaviour, and about parental attitudes and beliefs.

Distributor: *Central Alberta Media Services*

Communication by Voice and Actions (Rev.) (Film)

Communication is a two-way proposition between the speaker and the listener. Posture, voice, facial expression and body movement contribute to correct interpretation.

Distributor: *Central Alberta Media Services*

Communication is Listening (Film)

Viewers learn that listening is one of the important elements of communication, and that by following the rules of good listening, they can become better listeners and communicators.

Distributor: *Central Alberta Media Services*

Communication is More Than Words (Film)

This film shows children five important ways we communicate without words and it stresses the following communication rules: look at the person who is talking to them; look interested when you want to join a group or activity; don't be rude, pushy or inconsiderate; be friendly and people will want to be with you.

Distributor: *Central Alberta Media Services*

Communication Roadblocks (Film)

Frustration, anger, and even open conflict emerge from imprecise or manipulative use of language. Communication Roadblocks deals with defining terms, understanding biases, and distinguishing fact from opinion. Through dramatic comedy, several short vignettes demonstrate how these principles can affect human behaviour.

Distributor: *Central Alberta Media Services*

Death - How You Can Live With It (Film)

A boy learns that his grandfather, whom he loves dearly, is dying. The film encourages discussion on how one learns to accept death as a part of life.

Distributor: *Central Alberta Media Services*

Decisions, Decisions (Film)

Shows children thinking carefully and independently about their lives. It reassures children that they can make good, responsible, happy choices. They can gain confidence and control, and they can learn about themselves.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Drugs: A Primary Film (Film)

Vignettes of situations familiar to children are used to explore the correct use of drugs by the doctor and at home, while the danger of drug misuse is revealed by a girl who eats a whole bottle of aspirin and must visit the emergency ward of a hospital.

Distributor: *Central Alberta Media Services*

ELEMENTARY

Friends (Film)

Linda and Sulina were best friends; they did everything together. Then Sulina had to move. Linda was sure she would never find another friend like Sulina, and then she met her new next door neighbour, Sarah.

Distributor: *Central Alberta Media Services/Southern Alberta Regional FIlm Centre*

Friends (Film)

A story about the friendship between Nancy, an extroverted, impatient girl, and her vulnerable best friend; about what happens to feelings when Nancy goes off to play with another girl.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Get the Message? (Film)

What messages are children receiving about alcohol and other drug use? Conflicting messages from parents . . . false messages from peers . . . incomplete messages from idols . . . appealing messages from the media . . . . Today children are bombarded with messages about drugs and alcohol. Get the Message? teaches children how to analyze this information accurately. Real-life interviews with young people reflect their concerns about this pervasive problem that affects immediate families, other relatives, peers and friends. Also stresses the fact that saying no to alcohol and other drugs is a right that everyone has!

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

How Do You Tell? (Film)

A film to show young people how to say "no" to drugs. Animation and interviews with kids show youngsters how to assert their feelings about cigarettes, drugs, and alcohol with family and peers. It examines the dangers associated with taking drugs, smoking and drinking, and illustrates ways to help user friends understand the seriousness of their actions.

Distributor: *Central Alberta Media Services*

Kids and Drugs: The Reasons Why (Film)

Statistics show that one of every seven children aged 10 to 12 has smoked cigarettes, tried marijuana or other drugs. These students are at the age when they're feeling a great deal of peer pressure to experiment with drugs and alcohol. Encourages youngsters to make their own decisions while showing them how they can have fun and win social acceptance in more positive ways.

Distributor: *Central Alberta Media Services*

Learning To Be Human: The Hand Me Down Kid (Film)

Life isn't always easy for young Ari Jacobs —she's caught up in a case of sibling rivalry with her older sister, and is unable to cope with the situation. Through a friend, who handles her own sibling problems brilliantly, Ari learns how to handle the conflicts and maintain her own identity. Based on the book by Francine Pascal.

Distributor: *Central Alberta Media Services*

ELEMENTARY

Lessons in Living: Alice in Wonderland — A Lesson in Appreciating Differences (Film)

Twelve-year-old Alice decides not to be friendly with a new boy in school because he's "different." Uncle Phil helps her understand that appreciating others for their differences is an important human quality. The video ends as Alice learns that differences between people are beneficial.

Distributor: *Central Alberta Media Services*

Louis James Hates School (Film)

Louis James skipped school again. He hates everything about school except gym and recess. And because he was out so much, he never learned to read or spell. Into the trash can went his books, and Louis James headed for town to find a job. Louis James' job hunting goes from the embarrassingly bad to the hilariously horrendous as the determined drop-out discovers for himself the real value of reading and spelling whether in school or out.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Most Important Person, The: Attitudes (Film)

How can a child cope with situations that are discouraging? The unit suggests some possible approaches. Film titles are: 1) Oops, I made a Mistake! 2) I'm Lonely, 3) Why Not Try, 4) We Can Do It! 5) It's Not Much Fun Being Angry, 6) Nothing Ever Seems To Work Out For Me. (Six films, three minutes each.)

Distributor: *Central Alberta Media Services*

Our Feelings Affect Each Other (Film)

Feelings often are communicated with our face, with our voice, and in the ways we move our body. These help tell us how others feel and help tell others how we feel. Appropriate ways in which to show strong feelings, including anger, as well as suggestions for healthy expression of other feelings, are given.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Saying Goodbye (Video)

A documentary for pre-adolescents about death and dying and other partings.

Distributor: *Central Alberta Media Services*

That's Stealing (Film)

Heather has developed a bad habit — she has started taking things that do not belong to her. When confronted by Kathy, Heather minimizes the importance of what she is doing. At first, Kathy chooses to "look the other way," accepting Heather's claim that "it's no big deal," but then, one day, something of Kathy's is taken from her desk at school.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

ELEMENTARY

Wasted: A True Story (Film)

This film is narrated by Tim, a young man who used to be a drug addict, and Christie, his older sister. It is the history of Tim's battle to reclaim his life, after he had lost the control of it to drugs and alcohol. Tim's close encounter with drugs began when he was only eight years old. As he tells it, "... this guy who was a lot older than me turned me on to some pot and from then on, it was really downhill."

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Your Self-Image (Film)

James, a small boy with self-image problems, is continually rejected by others with whom he seeks to play. While alone in his room, James opens a closet door in search of a toy. There stands Mirror Man, a Superman-type hero in charge of telling people about self-image.

Distributor: *Central Alberta Media Services*

Coping For Kids (Kit)

Coping for Kids offers teachers, counsellors, and other professionals a step-by-step program of techniques, exercises, and activities for teaching children aged eight to 18 how to control their stress. Once students can do this, they become calmer, more receptive to learning, and easier to teach.

Distributor: *Centre for Applied Research in Education*

***CARE Kit (E.C.S.-Grade 3 program)** (Kit)

The CARE Kit is a sexual abuse prevention program for children aged five to nine. Its goal is to encourage and promote the rights of children, with special emphasis on the prevention of sexual abuse. Its objectives are to help children recognize sexual abuse, make children aware of situations that may lead to sexual abuse and provide children with skills such as assertiveness and ways to report sexual abuse. Also available in French La trousse C.A.R.E.

Distributor: *Child Abuse Research and Education Productions Association*

Feeling Good About Yourself (Grades 4–6 program) (Kit)

CARE productions has produced a new child abuse prevention kit for grades four to six called Feeling Good About Yourself. The kit consists of 14 large cards depicting various scenarios related to personal safety. The program's objectives are to help students learn to identify and express their feelings, to develop assertiveness, to recognize and learn how to avoid potentially harmful situations.

Distributor: *Child Abuse Research and Education Productions Association*

Becoming a Friendly Helper (Print)

This is a workbook for students. Stories and activities assist students to be better listeners, speakers, problem solvers, and decision-makers. Students also learn the art of complimenting and confronting others. (Part I of two parts in series.)

Distributor: *Educational Media Corporation*

ELEMENTARY

Children Helping Children: Teaching Students to Become Friendly Helpers (Print)

Here is a step-by-step approach to developing student leadership in elementary and middle schools. It provides training sessions and activities to prepare students for helping roles such as student assistant, tutor, special friend and small group leader. (Part II of two parts in series.)

Distributor: *Educational Media Corporation*

Educating the Forgotten Half (Print)

A series of structured activities that are set up to deliberately increase the learning abilities of students. The activities teach students how to develop and utilize visualization, concentration, memory, and creativity in the process of living and learning. Applicable to people from Grade 3 to adult.

Distributor: *Educational Media Corporation*

Energizers and Icebreakers (Print)

This is a collection of short "starter" activities to build empathy and communication within groups. Excellent for use with elementary peer support teams.

Distributor: *Educational Media Corporation*

Curriculum on Conflict Management, A: Practical Methods for Helping Children Explore Creative Alternatives in Dealing with Conflict (Print)

Part of the Human Development Program, this manual presents theory and techniques. Theory includes a developmental overview of children's social-emotional needs and a summary of conflict management strategies. There are suggested lesson guides for younger and older children, based on films, roleplaying and "Magic Circle" topics and activities.

Leader's Film: Kids and Conflicts
Children's Film (5-8 years): The Pinch
Children's Film (9-12 years): Bleacher Feature

Distributor: *Educom - Choices Computerized Career Systems*

Magic Circle (Human Development Program) (Print)

Magic Circle is a preventative mental health program concentrating on emotional and social development for grades ECS to six. The format for the programs is the circle sessions, or "Magic Circle," in which the teacher (or leader) and a small group of students in the class sit in a circle in such a way that everyone can see everyone else. The circle sessions allow students and their teacher to share their thoughts and feelings, and discuss their behaviour.

Distributor: *Educom - Choices Computerized Career Systems*

Building Self-Esteem: A Comprehensive School Program (Print)

This program by Robert Reasoner helps teachers to foster a high level of self-esteem in students from ECS to Grade Eight. Building Self-Esteem is in the form of a large binder containing a teacher's guide and classroom materials. The guides devote a chapter to an overview of self-esteem, and to each of the five senses that students must acquire in order to build self-esteem: a sense of security, of identity, of belonging, of purpose and of personal competence.

Distributor: *Guidance Centre/Consulting Psychologists Press*

ELEMENTARY

Class Discussions for Teachers and Counsellors in Elementary School (Print)

This discussion guide addresses 50 specific topics including: separation/divorce, approaching adolescence, anger, fear, getting along with teachers and racial prejudice.

Distributor: *Guidance Centre*

Guide for Student Tutors, A (Print)

This book is directed at students and gives pointers on: why some students need tutoring, how to become a tutor, how to make friends with the tutored student, how to plan a tutoring session and what to do when problems arise.

Distributor: *Guidance Centre*

Esteem Builders: An ECS to Grade 8 Self-Esteem Curriculum for Improving Student Achievement, Behavior and School Climate (Print)

A total program by Dr. Michele Borba covering the five components of self-esteem: security, selfhood, affiliation, mission, competence.

Distributor: *Jalmar Press*

Project Self-Esteem: A Parent Involvement Program for Improving Self-Esteem and Preventing Drug and Alcohol Abuse, ECS to Grade 6 (Print)

A graded program by Sandy McDaniel and Peggy Bielen complete with forms, letters and parent training.

Distributor: *Jalmar Press*

Peace, Harmony and Awareness (Kit)

A well-organized kit that teaches elementary school children how to manage stress through audio cassettes, posters, and discussion. A teacher's guide is also included in the package.

Distributor: *Learning Concepts*

***Hole In The Fence** (Print)

This is a Canadian-created educational program for helping six to 10-year-old children develop personal and social behaviours. It consists of 19 stories in a 132-page colour illustrated storybook and an accompanying teacher's guide. The Hole In The Fence was originally designed for children in Grades 2 and 3.

Distributor: *Learning Resources Distributing Centre (LRDC)*

***Developing Understanding of Self and Others (DUSO) - Revised** (Print)

DUSO-R helps children meet the challenge of personal development and social growth through sets of activities that address specific affective goals. These activities include appealing stories, songs, discussion pictures, communications activities and guided fantasies.

*DUSO-1 Revised: Grades ECS-2
DUSO-2 Revised: Grades 3-4

Distributor: *Learning Resources Distributing Centre (LRDC)/ Psycan Corporation*

ELEMENTARY

Skills for Growing (Print)

Skills for Growing is a comprehensive program for Kindergarten to Grade 5 that brings together parents, educators, and community leaders to teach children important life and citizenship skills within a caring and consistent environment. The program helps children develop the skills that lead to: self-discipline, responsibility, good judgement, and getting along with others. **Note:** This program is only available upon completion of the Lions Training Program.

Distributor: *Lions-Quest Canada*

Fall of Freddie the Leaf, The (Print)

This short story by Leo Buscaglia uses an analogy of a leaf and its progress through the seasons to introduce children to death. Useful for use in classrooms as an introduction to death/dying.

Distributor: *Local booksellers*

Building Self-Esteem in Children (Audio Tape)

Thirty easy and effective ways to build self-esteem are presented. Some of these techniques you may be close to using now, but this tape will teach you how to complete each technique and suggest many other techniques that you can use effectively. The tape emphasizes that you should not overlook something just because it is simple.

Distributor: *M.D.K.*

If I've Told You Once I've Told You 1,000 Times (Audio Tape)

We assume we are good communicators because we speak and listen. Research indicates that most people are not good communicators with adults and worse communicators with children. These tapes, based on child development psychology, show easy-to-learn, effective methods to communicate with children and teens. Good communication heads off problems in the family, at school and in the community. These tapes are a must for preventing problems. Don't make the mistake of thinking you are a good communicator. The risks to your family are too high.

Distributor: *M.D.K.*

Practising Health and Fulfillment (Audio Tape)

This tape provides the easy way to a higher self-esteem and more healthy lifestyle. It focusses on visualizing and the internal process of building self-esteem whereas the other tapes are generally more concrete in their emphasis. Just lay back and listen to the words and focus on the image that the words describe and imagine your way to a healthier self-esteem.

Distributor: *M.D.K.*

Family Justice System, The (Audio Tape)

A disciplinary system that is very specific, easy to learn and easy to use. The techniques are learned in order, from easiest to the more advanced techniques, that require a little more skill and practise.

Tape 1 The easier techniques

Tape 2 The more advanced techniques

Tape 3 Dealing with Power: Ambushed at the Pass. This is one of the most common problems we have with teens. This tape suggests many different ways to successfully handle this difficult

problem. The focus of the technique is to show the parent ways that they can win and also ways that their child or teen can win.

Tape 4 Discipline Techniques for the First Three Years of a Child's Life. It is important to start the discipline process at an early age to prevent problems from occurring down the road. This tape suggests a smooth, gradual process to help you arrive at the above technique with a minimum of hardship on parents and children. Next to self-esteem, self-discipline is the most important asset a child can possess. This tape tells you how to accomplish this goal.

Distributor: *M.D.K.*

Why Self-Esteem? (Audio Tape)

This tape is an important pre-requisite for the other self-esteem tapes in this series. People generally do not do things unless there is a reason. This tape presents very exciting, compelling reasons why a person should work on building self-esteem. If you do not understand why self-esteem is important the chances of your improving your self-esteem or those with whom you come in contact with are slim at best.

Distributor: *M.D.K.*

Operation Aware (Print/Video)

A series of videos and discussion topics designed to teach elementary school students about negative peer influence and peer pressure. They focus on building a good self-image, positive relationships, and coping with negative peer influence.

Distributor: *Operation Aware*

OPTIONS Series (Print)

This series of ten books is designed for teachers, administrators and counsellors working with children from Kindergarten to Grade 8. Two books discuss development, implementation and operation of a sucessful guidance program. The others provide practical activities for working with children. Book titles are:

Counselling in the Elementary School, Management Tools, Abuse, Achievement The Change/Loss Connection, When I Grow Up, Making Friends, Self-Esteem, Suicide, Working with Families.

Distributor: *Peguis Publishers*

Toward Affective Development (T.A.D.) (Print)

T.A.D. is a program of activities to stimulate self and social development for students in Grades 3 to 6. T.A.D. is divided into five sections comprising 21 units that include 191 sequenced lessons. This program works to help students improve communication and problem-solving, develop constructive responses to conflict and to increase realistic self-images.

Distributor: *Psycan Corporation*

Systematic Training for Effective Parenting (S.T.E.P.) (Print)

S.T.E.P. is a parenting program based on principles of mutual respect, cooperation, and open communication between parents and children. Parents learn how best to encourage their children, how to get their children to assume responsibility, how to identify the goals of children's misbehaviour, and how to redirect their children toward positive ends.

Distributor: *Psycan Corporation*

ELEMENTARY

Self-Esteem in the Classroom: A Curriculum Guide (Print)

This is an updated version of Jack Canfield's activities to help develop self-esteem in children, in 3-ring binder format.

Distributor: *Self-Esteem Seminars*

Come In From The Storm (Video)

Part I China Doll (emotional abuse)
Part II The Diary (physical abuse)
Part III The Necklace (child sexual abuse)

Distributor: *Team Entertainment Education*

Kids Helping Kids: A Training Manual for Elementary Teachers and Counsellors (Print)

This is a Canadian manual for elementary level peer counselling. It includes training sessions, a student guide, evaluation procedures, program development and forms, and appendices with exercises and role plays.

Distributor: *University of Victoria*

Never Run Nude Around a Well (Print)

If you were a camp counsellor and caught one of your charges scampering through the camp naked, what would you do?

What counselling (and/or clean-up) skills would you call upon if you found an eight-year-old peeing in the boot room?

Have you ever pressured a kid into inventing a story rather than admitting to a fault?

What gems of wisdom would you pass on to a fourteen-year-old going on forty-five?

Distributor: *Western Educational Activities*

25 Classroom Activities to Change the World Through Encouragement (Print)

All of us would like to be able to make an impact on the world to make it a better place. Most people might think, "Who am I to pretend to be able to make a change in the world?" and they become discouraged. It is not the major events that shape our lives, but the day-to-day experiences. We don't need to affect nations; we can start with children by teaching them to be encouragers. Once they learn to be encouragers, they can go through life "infecting" others.

Distributor: *Western Educational Activities*

PART II

SECONDARY RESOURCES

Action Options: Alcohol, Drugs and You (Video)

How and why we use and abuse alcohol and other drugs is the main topic of this series. The first three programs examine alcohol and drugs in the context of why we do what we do by exploring how we spend our time, personal power, freedom, and the kinds of conditions and environments that challenge us. Programs four to seven examine mood-altering drugs, how to cope with abuse, how families intervene, and treatment and recovery programs. The last program pinpoints specific problems related to alcohol and drug abuse. (Nine, thirty-minute programs.)

Distributor: *ACCESS Network*

By Chance or By Choice (Video)

Presents to students an overview of the steps to take in the career planning process and introduces a variety of occupational choices.

Distributor: *ACCESS Network*

Canadian Cancer Society: You Don't Smoke Eh? (Video)

A group of teenagers describe their reasons for smoking cigarettes, and discuss the side effects. The addictive elements of smoking are explained both physiologically and psychologically. Advertisements illustrating smokers as liberated women and being part of the gang are cited as examples of succumbing to peer pressure.

Distributor: *ACCESS Network*

Career Planning for Special Needs: No Limits, No Boundaries: Attention: Women at Work (Video)

Presents role models in order to encourage high school girls to open their minds to a wide range of career possibilities. The program's message, that career choices need not be limited by gender, is an important one to convey to adolescents and to women returning to the work force as well. Through a discussion session with a group of teenage girls, the program also explores some of the fears, concerns and misconceptions young women have about the labour force and about women's role in it. Also available in French: Femmes au travail.

Distributor: *ACCESS Network*

Career Planning for Special Needs: No Limits, No Boundaries: Career Opportunities: What Do You Want to Be? (Video)

This is a general introductory view of the changing nature of work in Canada as we move into the Information Age. Several examples from special needs groups show how career planning can help individuals cope with the world of work in this and the next quarter century.

Distributor: *ACCESS Network*

SECONDARY

Career Planning for Special Needs: No Limits, No Boundaries: Career Planning: Where are You Going? (Video)

Emphasis is on the importance of career planning to give individuals greater control over their lives, and to increase the odds of career satisfaction and success, regardless of physical or mental limitations.

Distributor: *ACCESS Network*

Career Planning for Special Needs: No Limits, No Boundaries: Career Planning for the Deaf: What Are Your Options? (Video)

This special program for deaf students seeking careers has open captions. Viewers are taken into the world of the deaf and hearing impaired as they search for rewarding careers and learn how to interact with the hearing world.

Distributor: *ACCESS Network*

Career Planning for Special Needs: No Limits, No Boundaries: Occupational Research: What Can You Do? (Video)

As the second step in the career planning process, occupational research increases knowledge of existing and future occupations, and allows a person to make informed, intelligent career decisions.

Distributor: *ACCESS Network*

Career Planning for Special Needs: No Limits, No Boundaries: Self-Assessment: Who Are You? (Video)

Illustrates the purpose and value of self-assessment, as well as the process of self-assessment. Students are shown how to identify needs, wants, interests and skills relating to life/work.

Distributor: *ACCESS Network*

***Choices: The Mating Game** (Video)

Deals with growing up and making mature decisions with regard to sexual and marriage responsibilities. The program is set in a 'game show' format, allowing teachers ample opportunity to show short segments of the program and to stop for class discussion.

Distributor: *ACCESS Network*

Decision-Making: Critical Thought in Action (Video)

Today's world offers many options for any given decision, from buying a bike to choosing a career. However, most students have not been trained to learn how to make decisions. It is important that students learn to critically analyze what they hear, read and see, and to reach a decision based on factual information and logic as well as on an understanding of their own needs in any situation.

Distributor: *ACCESS Network/Central Alberta Media Services*

Girls Fitting In (Video)

A group of senior high school girls recall the kinds of pressure they grew up with. They describe the importance of 'fitting in' during the junior years and how they view themselves as they approach graduation.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

SECONDARY

In Other Words: Active Listening (Video)

Stresses that active listening skills include paying attention, asking questions, and restating the message to make sure it has been understood. In one of the program's scenarios, Mrs. Dockstedder asks Joyce to relay an important message to Mr. Harrison, the school principal. The message is passed on without the use of active listening skills and the end result is an unintelligible message.

Distributor: *ACCESS Network*

Job Skills (Video)

Members of Edmonton's Catalyst Theatre Group employ techniques of audience participation and reaction as they involve a studio audience in their dramatic performances featuring two characters: Glenda Petrack and Victor Smith. The programs are intended to demystify the processes involved in gaining and then coping with employment. Contents: Working It Out; Getting To Know Yourself; Looking for a Job; Job Interviews; Starting to Work; Working With People; Living With Work; Moving On. (Eight, fifteen-minute programs.)

Distributor: *ACCESS Network*

Journey to Tomorrow - Destination: Excellence (Video)

Combining animation and live action, this video helps teachers to motivate students to extend their talents and abilities to their highest potential. Students will discover the value of setting well-defined goals for themselves and of striving to give their best in whatever they choose to do.

Distributor: *ACCESS Network/Central Alberta Media Services*

Learning to Live: Young Suicide (Video)

Alberta's suicide rate is the highest in the country. Equally alarming is the number of young people taking their own lives. What can be done to assist the despondent child who is on the brink of committing a desperate act of self-destruction? Representatives of the Canadian Mental Health Association, the provincial suicidologist, and a suicide consultant offer their insights. WARNING: THIS MATERIAL SHOULD BE PREVIEWED BY TEACHER PRIOR TO CLASSROOM PRESENTATION.

Distributor: *ACCESS Network*

***Making It Work** (Video)

A humorous and fast-paced look at how attitude can be responsible for making your job, your relationships and life in general a "drag" or a pleasure. In an upbeat manner, the program examines employer-employee expectations, mentoring, recognizing your skills and strengths and importance of maintaining a positive attitude.

Distributor: *ACCESS Network*

Opening Doors - Key to Career Planning (Video)

Dramatizes key career planning concepts as members of the Grainger family try to resolve their personal career decisions. The programs deal specifically with the motivational and emotional aspects of career planning and occupational choice. The series is intended for use in career planning and job search workshops, seminars or courses. (Nine, fifteen-minute programs; support material is available from Alberta Manpower, Career Information Services.)

Distributor: *ACCESS Network*

SECONDARY

***Power of Purpose, The** (Video)

Using authentic footage of the Terry Fox Marathon of Hope, this program is aimed at Grade 7 students and deals with new ways of looking at oneself. It is not just another film about goal-setting, but rather goes to the heart of some of the most critical issues today: How do we bring meaning to our lives? How can we burst through our limitations and realize our potential?

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

***Powers and Becoming** (Video)

A three-part program designed, produced and published by AADAC, for both teenage and adult audiences. Illustrates some complex principles of human behaviour in an engaging and useful way while focusing on learning about life. (Three, twenty-five to thirty-minute programs; support material available.)

Distributor: *ACCESS Network*

***Reason to Live** (Video)

Youth suicide has increased an alarming 300 percent since 1965. It is the second leading cause of death among young people aged 15 to 24. For every completed suicide, there are 100 attempts. Clearly, too many young people are taking their own lives. Experts agree that it's time to demystify suicide and start giving teenagers and their parents the information they need. This powerful documentary describes the warning signals, the suitable and unsuitable responses when someone threatens to commit suicide, and the help that is available.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

***Saying No to Drinking Drivers** (Video)

Shows how the key to the teenage drunk driving problem is the critical moment when a youth decides to step in the car — as a passenger or driver. Provides essential tools students need to cope with peer pressure. Gives dramatized situations with optional stops for discussion.

Distributor: *ACCESS Network*

Self-Incorporated (Video)

Designed to help pre-teens and young adolescents cope with the problems they experience as a result of the physical, emotional and social change in their lives. The objective is to instill in early adolescents a desire to learn skills for dealing with their problems and to face the challenge of living, changing and growing. (Fifteen, fifteen-minute programs; support material is available.)

Distributor: *ACCESS Network*

***Seventeen - Going On Nowhere** (Video)

A compelling story of a father and son who completely lose touch with one another. Pat is a high-school senior who shows no concern for anything except 'getting high', having girls and listening to rock. His father can't understand where he went wrong. The situation reaches a climax when Pat, who's been grounded, defies his father and sneaks out of the house. When he returns, his father 'kidnaps' him in a last desperate effort to save his son from his own self-destruction.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

SECONDARY

Stand Up for Yourself: Peer Pressure and Drugs (Video)

Real-life situations and a peer workshop group dramatize proven ways young people can say no to street drugs, cigarettes and alcohol. Useful techniques provide social skills young people need to say no and still keep their friends. Older teens in the workshop model positive attitudes and offer motivation and encouragement. Produced in cooperation with the Institutes for Health Promotion and Disease Prevention Research of the University of Southern California.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

Suicide, The Warning Signs (Video)

Gregg is accident-prone, repeatedly putting himself into physical danger. Carol has been a determined achiever but now is suddenly depressed, taking diet pills and sedatives. Curtis has been giving away his favourite possessions. Are these three sending out desperate signals for help? If so, what are the common warning signs to suicide and what should family and friends do about them. This program is a supplementary resource for teachers for the Grade 9 Health curriculum.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

Teenage Birth Control: Why Doesn't It Work? (Video)

Stresses that most teenage pregnancies occur because teenagers don't use birth control, even though they know about it. Helps students achieve insights into their emotional and psychological motivations for taking chances. A separate section for use at the teacher's discretion reviews contraceptive information specifically directed at teenagers' needs.

Distributor: *ACCESS Network*

***"Why Is It Always Me?"** (Video)

Describes the frustrations and anger early adolescents face when trying to deal with personal problems, and suggests a logical method of problem-solving they can utilize in their day-to-day situations. Mike, a junior high student, makes poor choices in a confrontation with another student and with his father. Five steps to effective problem-solving are presented to Mike as a guide to overcome daily problems. This is a recommended resource for the Grade 7 Health curriculum.

Distributor: *ACCESS Network/Southern Alberta Regional Film Centre*

Active Parenting: Video-Based Discussion Program (Video)

This six lesson package combines group discussions with true-to-life video scenes, experiential exercises, reading and writing assignments, and real-life practice. Based on the concepts of Alfred Adler, Rudolf Dreikurs, and other experts, it helps parents learn how to take an active, rather than reactive approach. The program includes VHS video dramatizing 45 typical situations in two to three minute segments, leader's guide, parent's handbook, parent's action guide and promotional material.

Distributor: *Active Parenting Publishers*

SECONDARY

Job Search Series, The (Video)

Five videos present the basics of job search. Each video targets stand-alone topics, and the five together make a complete course on job search skills.

The series emphasizes that just getting "a" job is not enough. Doing well in school and going on for additional training and education is presented as youth's most important job. Defining satisfying long-term career and life goals is stressed as part of everyone's job search process.

Distributor: *AIM Educational Aids*

Alive! (Revised) (Print)

Developed and updated for use by junior high teachers, this resource looks at key issues younger teens face regarding drinking and driving. Various strategies are provided to deal with these issues. Content is Canadian.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

***Drive Alive** (Print)

Developed for use at the senior high level, this package includes a series of individual presentations suitable for teens, parents and community groups that look at issues of drinking and driving with special attention to the content and issues critical to adolescent development and decision-making. Package includes: Teacher's Resource Guide for Senior High School, 118 pages; Leader's Resource for Parent Groups, 52 pages; and the Making A Difference Video booklet.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Facts On . . . . . . (Print)

A series of pamphlets for schools, outlining the effects of various drugs on the body. Looks at physical effects, emotional effects, tolerance and addiction.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Johnny Lingo (Film)

Lacking looks or popularity, many young people feel unaccepted by others. They need help in establishing more positive feelings of self-worth.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)/Central Alberta Media Services/Southern Alberta Regional Film Centre*

Moms & Dads & Kids & Drugs & Booze (Print)

Focuses on the relationship between teens and parents and discusses some tips as to how parents can continue to play a key role in the development of teens.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Parents & Teens Talking (Print)

Information about teen drug use and questions often raised by parents are addressed with suggestions made about ways to address drug education for teens.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

SECONDARY

Peer Support (Print)

AADAC has been active in supporting the establishment of peer support programs in Alberta schools. Peer Support is "student helping student" by enhancing informal student communications, planning school activities, encouraging early intervention for adolescent issues and involving students in identifying areas of concern related to the needs of the school. The three manuals are distributed at a three-day orientation workshops. The manuals can be borrowed from the AADAC library or purchased from the provincial office.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC) Provincial Office*

Peer Support: Teacher's Resource (Print)

A resource manual for teachers wishing to develop a program which involves students in planning and implementing activities which have a positive impact on their school community. Contains all the resources teachers need to plan and establish a Peer Support team. (Part of Peer Support Program.)

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Show Starters (Print)

An upbeat, practical guide to assist teens involved in planning events, workshops, fund-raisers or other activities in their school or community. Folder includes 12-page booklet and two promotional posters.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Straight Stuff (Print)

A thought-provoking exploration of people's use of alcohol and tobacco and other drugs, for discussion by teens. Six sheets (reprints of articles from Zoot Capri, the Magazine) and 12-page Discussion Guide.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

***Teen Action** (Print)

A student-centered resource about drugs that promotes learning, decision-making skills and social competence. Designed to complement Alberta's grades seven and eight health curriculum.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Tracking the Good Times: A Leisure Education Workbook (Print)

Newly-revised edition of resource guide for youth leaders, designed to help young people (aged 12 to 15) to take responsibility for creating enjoyable leisure activities for themselves. Includes activity ideas and discussion notes related to values, needs, leisure interests, barriers, resources and planning.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Turning Points (Print)

Book for teens, which deals with recognizing, evaluating and using critical points in their lives as opportunities for decision and action. Perspectives on personal turning points through the eyes and experiences of Alberta teens, celebrities and historical events.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

SECONDARY

Zoot Capri, the Magazine (Print)

Printed five times per year and aimed at ages 12 to 18. It deals with contemporary topics of interest to teens, provides them with alcohol/drug information and encourages them to deliberately develop their skills and powers. Zoot Capri is delivered free to Alberta teens 12 to 18 years old.

Distributor: *Alberta Alcohol and Drug Abuse Commission (AADAC)*

Stepping Stones (Print)

Stepping Stones is a provincial government program designed to enhance young people's awareness of the many fields of study and the wide range of career choices available to women. A speaker's registry, formed by women in non-traditional roles, is available to speak to grade eight and nine students about their jobs, training, and balancing personal commitments. Stepping Stones complements the junior high health and personal life skills course (Theme 3 - Life Careers).

Distributor: *Alberta Government, Women's Secretariat*

Teenage Suicide (Video)

Video Part I - Recognizing The Problem
Part II - Intervention Strategies

Distributor: *Altschul Group, A Frank Walton Film/Southern Alberta Regional Film Centre*

Culture Free Self-Esteem Inventory for Children (S.E.I.) (Print)

Available for use with school children from grades three through high school. This resource is in an easy-to-use pencil and paper format that is useful for group administration and can be machine-scored. The instrument has 60 items intended to measure an individual's perception of self-esteem in four areas: general self, social, school and parents.

Distributor: *James Battle and Associates*

Career Considerations (Print)

A large wallchart containing 19 occupational groups and 266 titles, each with a brief description and identification of educational requirements. All occupations listed are entry level ranging from grade eight to post-secondary studies. A corresponding set of 19 brochures containing the same information along with a brief introduction to the group of occupations in the form of a handout is also available.

Distributor: *Career Information Directorate*

Career Directions (Print)

This series of career leaflets will provide youth with up-to-date career and occupational information on more than 200 occupations. Each leaflet will describe the duties involved, the preparation and training required, registration and licensing requirements, a future outlook section and associations to contact for further information. Forty-six (46) leaflets are presently available.

Distributor: *Career Information Directorate*

SECONDARY

National Guide to College and University Programmes (Print)

The Guide is designed to assist students planning to enter college or university. It will help them identify and select suitable educational or training programmes and institutions. Post-secondary programmes offered across Canada are listed alphabetically and by school. It presents students with a list of post-secondary institutions and the programmes each offers. General programme information, such as type of programme and duration, is also provided.

Distributor: *Career Information Directorate*

Steps Project (Print)

This bilingual information booklet helps young people in their late teens in their job search. Marketed in an easy-to-carry format, it provides hints on who to contact, where to look for a job, how to prepare a resume, and how to handle a job interview.

Distributor: *Career Information Directorate*

Two Inventories: Videos on "at-risk" youth and career resource material (Video)

The first inventory offers a list of videos now available on the subject of "at-risk" youth and dropping out. It contains a brief precis of the content of each video, and a source listing. It includes educational and commercial videos in both French and English.

The second inventory lists career resource materials relevant to "at-risk" youth and practitioners in their daily contact with these youth.

Distributor: *Career Information Directorate*

Addictions, Compulsions, and Alternative Highs (Film)

A film on why and how people become addicted. How it ruins lives . . . how to "get high" in healthy, positive ways. Explores a range of addictions and compulsions including alcoholism, drug addiction, obesity and compulsive gambling.

Distributor: *Central Alberta Media Services*

***Alcohol and Drugs: Know What You're Doing** (Film)

Three young people talk to youngsters about their own abuse of drugs and alcohol, reasons, effects and, most important, their reasons for stopping.

Distributor: *Central Alberta Media Services*

Another Half (Film)

A story about two boys and their struggle to define their masculinity. They discover that men can be sensitive, gentle and caring. The story also focuses on the relationship between self-awareness and responsible sexual behaviour.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

SECONDARY

Being Male (Video)

A group of adolescent boys 16 to 18 years old talk about what it is like to grow up male. They express their views freely on such topics as the male image and what it means, role models, peer group pressures, the importance of being "one of the guys", fear of ridicule, and relationships with girls. As these youths share experiences, they recognize many of the traps they have fallen into.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Boundary Lines (Film)

This short, animated video deals with violence and misunderstanding between individuals and nations and will prompt discussion.

Distributor: *Central Alberta Media Services*

Careers (Video)

An upbeat presentation of the variety of products DOW manufactures with an emphasis on demonstrating the many career opportunities with DOW - from chemists, engineers, computer programmers to firefighters.

Distributor: *Central Alberta Media Services*

Date Rape: No Means No (Video)

In this video, the subject is covered tastefully, in story form. The story prompts discussion of the issue because the story is credible, as are the characters, and there is even a class discussion on date rape in the latter part of the video that serves as a perfect lead-in to class discussions by viewers.

Distributor: *Central Alberta Media Services*

Deadline (Film)

A suicide letter to the high school paper triggers a frantic search for the suicidal student—and some sober self-examination by his fellow students about why they were so unaware of how much pain he was in. A probing look at the causes and remedies of teenage suicide.

Distributor: *Central Alberta Media Services*

Deaf Like Me (Video)

Yollie, a shy, severely hearing impaired girl begins to accept her deafness and realize her potential after she joins Jeff the Mime in rehearsal and a performance. Dramatic illustration of the physical, emotional and communication difficulties of the deaf.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Dear Diary (Film)

Dear Diary is about young girls' emerging sexual development — their questions, concerns and anxieties, their quest for knowledge. It is told from the point of view of the main character, 13-year-old Janie, whose chief interest is running track. Her two best friends develop another agenda for learning "to become a woman." The tension and conflict are presented in a humorous manner, but with underlying seriousness and an amusing and instructional resolution, Janie finds the answers to her questions and reassurances about her choices from a variety of adults and peers.

Distributor: *Central Alberta Media Services*

SECONDARY

Depression Blahs, Blues, Better Days (Film)

Many adolescents find the problems of growing up so hard to cope with that they resort to absenteeism, drugs, alcohol, vandalism and even suicide. (Suicide is the number two killer of persons between the ages of 15 and 25.) For more mature people, job routines can be a severe problem. This film deals positively with depression, showing how it can be recognized and overcome, and what kinds of problems can lead to it. The video is recommended not only for teens, but for employers and their work force.

Distributor: *Central Alberta Media Services*

Destination: Careers (Film)

To illustrate how to build a successful career, Destination: Careers takes viewers on a whirlwind tour of the working world. On the tour viewers see how different skills and interests relate to different job families and how different people have applied their individual skills to their careers.

Distributor: *Central Alberta Media Services*

Dinkey Hocker (Film)

Dramatization of the plight of a teenage girl who is hooked on food. Her mother is too busy to notice her.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Divorce (Film)

Helene and Alan Miller have reached the crisis point in their marriage and decide to get a divorce. When they announce their intention to separate, their children's reactions range from fear to guilt to anger. Torn by uncertainty over what the future holds for them, the children struggle to adjust to the new realities of their family life, including their father's absence.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Divorce and Your Family (Film)

Addresses many of the problems and conflicts faced by adolescents such as the greater freedom to "choose" between parents, greater responsibilities around the home and increased awareness of the divorced parents' social lives.

Distributor: *Central Alberta Media Services*

Drop Out (Film)

An open-ended discussion film which examines the underlying causes which influence a student to drop out of school and the results of this action.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Emotional Abuse: How to Cope (Video)

Uses examples to explore various kinds of emotional abuse and presents ways of coping. These examples demonstrate the similarities between physical and emotional abuse. Viewers learn how to defuse an abusive situation, and why victims must take responsibility for their own emotional well-being.

Distributor: *Central Alberta Media Services*

SECONDARY

How a Career Develops (Film)

Describes different stages of career development. It starts with children forming their first attitude about the world of work, then on to teenagers making tentative career plans. It also discusses the various patterns an adult's career may follow, and discusses the relation of career to people's values, needs, interests and abilities.

Distributor: *Central Alberta Media Services*

If You Want to Dance (Film)

A dramatic film about an unwed teenage boy and girl faced with the consequences of an unplanned pregnancy. One of the main objectives is to impress upon boys that pregnancy is not just a girl's problem. Despite peer pressure, it is not 'cool' to get a girl pregnant. PREVIEW PRIOR TO CLASSROOM PRESENTATION IS STRONGLY RECOMMENDED.

Distributor: *Central Alberta Media Services*

Job Interview: Film A - Large Business (Film)

In this film employers describe qualities they seek in applicants. A corporation personnel officer interviews three applicants for trainee positions. The viewers are asked to evaluate the applicants as an employer would. The interviews provide content ranging from appearance and attitude of applicants, to goals and long-range preparation for employment.

Distributor: *Central Alberta Media Services*

Job Interview: Film B - Small Business (Film)

In this film employers describe qualities they seek in applicants. A coffee-shop manager interviews four applicants. Viewers are asked to evaluate the applicants as an employer would. The interviews provide content ranging from appearance and attitude of applicants, to goals and long-range preparation for employment.

Distributor: *Central Alberta Media Services*

Job Interview Pro Bowl, The (Film)

Treats the job interview as a spectator sport complete with play-by-play commentary. The expectations, preparation and performance of both interviewer and applicant are presented.

Distributor: *Central Alberta Media Services*

Just For The Fun Of It (Film)

The film's teenage host and hostess, Doug and Joanne, investigate the causes and consequences of vandalism in Canada. They discover that vandalism is not only costly for the victim, but can actually mean dollars out of their own pockets. And vandalism can be dangerous! Officials of Canadian Pacific Railways, demonstrate the life-threatening aspects of vandalism done to their properties. Strong visuals and a young vandal's arrest combine with the views of victims, vandals and students to make this film a thought-provoking experience.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

SECONDARY

Make-Believe Marriage (Film)

An amusing story of two teenagers who volunteer for a marriage course and discover a great deal about the practical side of marriage and themselves.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Making A Decision Is . . . (Film)

The decision-making skill is examined in the making of decisions varying from trivial to life's choices. Key considerations in helping to arrive at decisions are explored.

Distributor: *Central Alberta Media Services*

Making Decisions About Sex (Film)

A number of teenagers, some of whom have chosen to abstain from sex and some not, candidly assess their decisions and the circumstances that have influenced them. They explore their standards in ways that can help others to resist sexual pressures. CAUTION: THE CONTENT OF THIS FILM IS SUCH THAT PREVIEW PRIOR TO CLASSROOM PRESENTATION IS ABSOLUTELY NECESSARY.

Distributor: *Central Alberta Media Services*

Me, A Teen Father? (Film)

This dramatized film portrays the pressures, guilt and trauma that a young man faces when he learns his girlfriend is pregnant. It's a delicate portrayal of the choices that both must make.

Distributor: *Central Alberta Media Services*

Most Important Person, The: Identity (Film)

Who am I? What am I like? What is my family like? These are some of the questions encountered in this unit, which aims to develop a strong sense of self-awareness and self-importance in the young child. Six videos include: 1) I'm the Only Me! 2) Where Are You In Your Family? 3) How Do We Look? 4) What Do You Think You Want to Be? 5) Every Family is Special, 6) The Most Important Person.

Distributor: *Central Alberta Media Services*

Reaching Out (Film)

A touching story about two adolescents and their first experience with love and sexuality. Blake is 15 years old and has been confined to a wheel chair since he was a child. Karyn is also 15 and while she is physically fit, emotionally she is also handicapped. The film raises important questions about sexuality and the disabled and about the universal experience of learning to love another human being.

Distributor: *Central Alberta Media Services*

Secrets of Making Good Grades, The (Film)

Viewers learn some basic—though perhaps little-known — techniques for making the most of lectures, reading and reviewing, and test-taking. Out of the experience of four students comes solid guidance for more efficient studying, deeper learning, effective reviewing and, of course, better grades.

Distributor: *Central Alberta Media Services*

SECONDARY

Self-Esteem: Feeling Good About Yourself (Film)

Most of us suffer from low self-esteem in one way or another. Dramatized situations show having confidence and feeling good about yourself helps deal with problems.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Smoking: A New Focus (Film)

This film may not make you quit, but it will make you think. Chances are, it will stop you before you start. It is a dramatic, yet entertaining film that offers a new approach to smoking. We examine the smoking problem from a medical and sociological view to understand how the smoking myth evolved. Unlike most non-smoker films, this one does not rely on the pious non-smoker to make a point. We hear from the smoker to make a point. We hear from the smoker as well . . . why he started, why he can't stop and whether or not he really wants to quit.

Distributor: *Central Alberta Media Services*

Smoking: It's Your Choice (2nd Edition) (Film)

Explains the function of the respiratory system and the adverse effects that smoking has on it. With enormous efforts being made to control air pollution, why would anyone deliberately inhale disease-producing tar and chemicals into his lungs? We see a man who has no larynx, and must breathe through a hole in his neck; another man with such severe emphysema that he must carry oxygen with him; and most important for young viewers, scientific demonstrations showing that the effects of smoking don't wait. They start with the VERY FIRST PUFF!

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Starstruck (Film)

Should she follow her dreams by pursuing an uncertain but exciting future as a singer/songwriter . . . or live up to her mother's hopes by following a secure but unsatisfying career as a bookkeeper? That's the decision Alicia Marin must make in Starstruck, a film that's sure to appeal to young adults who are coming to terms with their own career choices and parental expectation.

Distributor: *Central Alberta Media Services*

Stoned (Film)

Jack Melon is a good student. One of the best in his class. He's shy, has no friends, and can't talk to girls. Getting high on marijuana seems to get him friends, but it also gets him into deep trouble. His older brother Mike, whom he idolizes, realizes that Jack is in trouble and tries to show interest in him. Inviting Jack to work out in a row boat Mike nearly drowns when Jack, stoned, accidentally hits him with an oar. Realizing what has almost happened Jack is ready to confess when Mike credits him with saving his life. Given the chance to gain the confidence and self-respect he needs, Jack rejects drugs and makes strides to be himself.

Distributor: *Central Alberta Media Services*

SECONDARY

Stress: It's Just What You Think (Film)

Explores causes of and various techniques for handing mental and emotional stress. Suggestions include: recognition of stress, changing situation or oneself, reinterpreting attitudes and relaxation techniques. (Health: Body and Mind)

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

Stress: Learning to Handle It (Film)

In a high school setting of six teens with very ordinary problems, we see a peer assistance group illustrate ways to control and minimize stress in their lives, including "emergency" remedies.

Distributor: *Central Alberta Media Services*

Stress: Relaxation Techniques (Film)

This film provides special methods of meditation, biofeedback, and relaxation therapy that are highly effective means of reducing stress and keeping its negative results to a minimum.

Distributor: *Central Alberta Media Services*

Study Skills: Getting the Best Results (Film)

Teaches basic skills on how to study for the best results. Points out how to organize one's work, increase one's vocabulary, the necessity of proofreading and re-writing when writing out a report, the importance of following directions, and how to incorporate information learned from newspapers and television. Here is solid guidance for more efficient studying, better learning, and obtaining better grades.

Distributor: *Central Alberta Media Services/Southern Alberta Regional FIlm Centre*

Teenage Suicide: Is Anyone Listening? (Film)

Explores the mounting problem of severe depression in adolescence through the stories of a 16-year-old boy and a 14-year-old girl who have each attempted suicide.

Distributor: *Central Alberta Media Services*

Teenagers: How to Get and Keep a Job (Film)

Employers are looking for good teenagers to hire. Unfortunately, many teenagers don't know how to apply successfully for a job or understand the responsibilities involved in holding a job. The importance of a positive attitude, promptness, honesty, and good customer relations are explored. Because more teenagers get fired than quit, this film is designed to help them understand the realities of the working world.

Distributor: *Central Alberta Media Services*

Teenagers Talk: Getting Through Adolescence (Film)

Adolescence is confusing, exciting, difficult, creative. Above all, it is a time of extreme self-consciousness. For these reasons, this film creates an entirely new approach which brings insight but not embarrassment.

SECONDARY

The video condenses the best thoughts from many hours of interviews with kids who had just been through various stages of adolescence and "interprets" them with exciting visual metaphors in animation.

Distributor: *Central Alberta Media Services/Southern Alberta Regional Film Centre*

To Be A Friend (Film)

Looks at friendship through the eyes of the young. The film explores the making and breaking, the weakening and strengthening of friendship.

Distributor: *Central Alberta Media Services*

To Be Alone (Film)

Young people are taken by surprise when they find themselves alone for the first time. It can be a new school, neighbourhood, organization, job or even a problem that they're faced with alone.

Distributor: *Central Alberta Media Services*

To Be The Most You Can Be (Film)

There is a temptation not to try your hardest because then if you fail or do poorly you still have the excuse that you weren't really trying to do your best. The emphasis in this film is on doing your best.

Distributor: *Central Alberta Media Services*

Twice Pardoned (Video)

A believable "lessons for life" program for teenagers. Depicts a personal and provocative approach to combatting teenage vulnerability to sex, drugs and alcohol abuse.

Distributor: *Central Alberta Media Services*

Where is Dead? (Film)

Compassionate yet realistic view of a Canadian family's reactions to the sudden death of their young son. Centers upon his young sister's understanding and adjustments to his death as she investigates her mother's, father's, and grandfather's feelings in an attempt to understand her own. ESSENTIAL TO PREVIEW BEFORE SHOWING.

Distributor: *Central Alberta Media Services*

Working Series, The (Film)

Designed to orient young people to the workplace. Each program sets forth basic principles and concepts to prepare young people for the world of work. (Four, twenty-minute programs.)

Distributor: *Central Alberta Media Services*

Your Image: Make It Work For You (Film)

This film shows people how nonverbal communication skills affect success in every area of life. It explores many critical aspects of nonverbal communication including: Self-Concept; Body Language; Manners and Personal Attitude; Dress and the Image It Projects; Personal Hygiene and Grooming.

Distributor: *Central Alberta Media Services*

Youth Stress (Film)

Young people speak about various stressful circumstances in their lives and how they have dealt with them. Also shows the positive aspects of stress.

Distributor: *Central Alberta Media Services*

SECONDARY

Career Factory

A computer-based career information program which is interactive. Students negotiate 15 factors in a career choice paradigm.

Distributor: *Chautauqua Computer Systems*

Building Self-Esteem: A Comprehensive School Program (Print)

This program by Robert Reasoner helps teachers to foster a high level of self-esteem in students from ECS to Grade Eight. Building Self-Esteem is in the form of a large binder containing a teacher's guide and classroom materials. The guides devote a chapter to an overview of self-esteem, and to each of the five senses that students must acquire in order to build self-esteem: a sense of security, of identity, of belonging, of purpose and of personal competence.

Distributor: *Consulting Psychologists Press/Guidance Centre*

***Choices Education Program** (Computer Software)

This computer-based program highlights educational institutions, programs offered, community settings and costs. This can be a big time-saver.

Distributor: *Educom - Choices Computerized Career Systems/Learning Resources Distributing Centre*

Choices Jr. (Computer Software)

This computer-based program enhances career education by focusing on awareness of self and the world of work. Included is the computer program for IBM PC, APPLE II and APPLE IIE, a teacher's guide, two career books and 100 copies of an activities checklist. The discs can be duplicated for in-school use. The program will be updated every three years.

Distributor: *Educom - Choices Computerized Career Systems*

***Choices Occupation Program** (Computer Software)

Choices is designed to help students think about what is important in finding a good occupation and identifying promising career paths. This program provides the student with the opportunity to make occupational and educational decisions based on a number of factors. Included in the package is software (IBM - 4 discs) (APPLE - 5 discs) and manual. Approximately 900 major occupations, 2500 related.

Distributor: *Educom - Choices Computerized Career Systems/Learning Resources Distributing Centre*

Zoptions: Focusing on Your Future (Video/Print)

Directed at high school students and those who have left without completing high school. In the form of a video game, it uses five individuals to look at career planning. Touches on the benefits of a high school education, women in non-traditional careers and their staying in the work force as well as small business ventures. A Facilitator's Handbook, Focusing on Your Future, is now available to accompany ZOPTIONS.

Distributor: *Employment and Immigration Canada*

SECONDARY

Grant MacEwan Community College

Video Programs

1. Advertising and Public Relations
2. Applied Research
3. Arts Administration
4. Business Administration
5. Communication
6. Correctional Justice
7. Dance
8. Dance Teacher
9. Design Arts
10. Early Childhood Development
11. General Arts & Science
12. Insurance Administration
13. Journalism
14. Law Enforcement
15. Legal Assistant
16. Library Technician
17. Microcomputer
18. Music
19. Occupational Health Nursing
20. Rehabilitation Practitioner
21. Secretarial
22. Social Services
23. Teacher's Aide
24. Theatre Arts
25. Theatre Production
26. Travel Consultant
27. Youth Employment

Distributor: *Grant MacEwan Community College Public Relations Officer*

Discipline: Creating a Positive School Climate (Video)

Barbara Colorosa suggests strategies to create a positive school climate through the use of positive discipline in a responsibly oriented school

Distributor: *Kids Are Worth It*

***Alcohol: Facts, Myths and Decisions** (Filmstrip)

Presents some of the facts and myths about alcohol use and abuse in order that students can make responsible decisions about drinking.

Distributor: *Learning Resources Distributing Centre*

Teenage Pregnancy and Parenting (Video)

Deals with heartbreaking and difficult problems that teenagers have to face when they find themselves in these traumatic situations.

Contents: Teenage Pregnancy: Too Much, Too Soon
Teenage Parenting: A Hard Lesson to Learn
Self-Esteem: Believe You Are Special!
Birth Defects: Too Late to Change

Distributor: *Listening for Pleasure*

Proud To Be Me: Development of Self-Esteem (Video)

Deals with concept of positive self-esteem and how to develop it. Uses a variety of scenarios to explain different factors affecting self-esteem. Appropriate for C.A.L.M. health program.

Distributor: *McIntyre Educational Media*

Fantastic Teens, The (Audio Tape)

This series of tapes provides an understanding of why your teen is the way he/she is. Teens have just come through the very stable period of childhood and

have entered a period of instability. This period is characterized by emotional upheavals, casting off of family values, lack of communication, irresponsibility, angry confrontations, lack of commitment, challenging authority and lack of obedience.

If these problems sound familiar, you cannot afford to miss this tape program.

Tape 1 Why teens are the way they are
Tape 2 Teaching responsibility
Tape 3 Discipline that works with teens
Tape 4 Teaching self-esteem to teens
Tape 5 Stepping into your teen's world: communication skills.

Distributor: *M.D.K.*

Job Futures (Print)

This two-volume catalogue provides counsellors with occupational information that they can use to give better advice to students on career choices, career changes and future prospects.

Distributor: *Nelson Canada*

***Safran Student's Interest Inventory** (Print)

The Safran Student's Interest Inventory comes as a self-scoring booklet given to the student. After making a number of choices about possible occupational activities, the student's score suggests the area that he or she may wish to focus — example, technical, artistic, scientific. They are also encouraged to look at interests, school subject interests and abilities.

Distributor: *Nelson Canada*

NAIT and SAIT (Video)

Looks at the Northern and Southern Alberta Institutes of Technology which have developed a distinctive character as they meet separate vocational needs in their enrolment area.

Distributor: *Northern Alberta Institute of Technology (NAIT)/ Southern Alberta Institute of Technology (SAIT)*

P.C. Directions

This computer-based program highlights educational institutions, programs offered, community settings and costs.

Distributor: *Personal Computer Directions*

Phoenix Curriculum For Students (Video/Print)

This video-based curriculum works to motivate students by enhancing self-respect, self-esteem, and self-appreciation. The grade six to eight program consists of ten, ten-minute modules, and the grade nine to twelve program has twenty, twenty-minute modules. Both come with student workbook and instructor's manual.

Distributor: *Phoenix Educational Foundation*

Systematic Training for Effective Parenting (S.T.E.P.)/Teen (Kit)

S.T.E.P./Teen teaches the same practical principles as S.T.E.P., focusing on the specific problems that parents encounter as their children go through their teen years. Each kit contains Parent's Guide, Leader's Guide, five audio cassettes, plus teaching and promotional aids.

Distributor: *Psycan Corporation*

SECONDARY

Feelings (Video)

Illustrates a range of positive and negative physical and emotional feelings that can be experienced by human beings.

Distributor: *Southern Alberta Regional Film Centre*

It Must Be Love 'Cause I Feel So Dumb (Video)

A humorous and touching story captures the awkwardness of adolescent first love and points out the sometimes painful process of deciding personal values and learning to judge relationships with other people.

Distributor: *Southern Alberta Regional Film Centre*

On the Level

This twelve part series (twelve video tapes and twelve audio cassette tapes) is designed to help adolescents understand their own personal and social growth. It encourages them to examine common teenage concerns such as conflict, love, changing relationships with family and friends, self-concept and stress. Takes a careful look at emotional, physical, social and intellectual make-up of an individual and how they all interact.

The twelve titles are: Face to Face (Dealing With Conflict); Daddy's Girl (Changing Family Relationships); Who Am I? (Developing Self-Concept); Journey Through Stress (Coping With Stress); Surrounded (Peer Group Membership); A Little Help From My Friends; Getting Together (Love); Side by Side (Prejudice); Solo (Alone vs Lonely); Behind the Scenes (Accepting Feelings); What's Next? (Career Aspirations); and Alternate Route (Thinking).

Distributor: *Southern Alberta Regional Film Centre*

Out of the Crowd: Teenagers, Alcohol, Choices (Video)

Through personal profiles of four Alberta teenagers ranging in age from 14 to 18, other adolescents will discover how these four young people have managed to reach some difficult decisions which affect their lives. The program acts as a catalyst, encouraging adolescents to examine themselves in the face of outside influences to come up with meaningful decisions.

Distributor: *Southern Alberta Regional Film Centre*

Prejudice — Causes, Consequences, Cures (Video)

Uses newsreels, historical photographs and interviews with leading psychologists to survey the causes of prejudice.

Distributor: *Southern Alberta Regional Film Centre*

Running My Way (Video)

Deals with the sensitive issues and dilemmas of adolescence as experienced by one teenage couple — sexuality, parental relationships, peer pressure and personal decision-making. Frank treatment of subject matter; PREVIEW RECOMMENDED.

Distributor: *Southern Alberta Regional Film Centre*

SECONDARY

Skating Rink, The (Video)

Moving and thought-provoking video in which Tuck Farraday, a stammering introvert, is drawn out of his solitude through his friendship with the owner of a new skating rink.

Distributor: *Southern Alberta Regional Film Centre*

Stress (Video)

This video discusses Dr. Hans Selye's findings that there are positive and negative factors to physical and mental well-being; it shows the lifestyles of children and adults under stress.

Distributor: *Southern Alberta Regional Film Centre*

You Pack Your Own Chute (Video)

Story of a woman psychologist who shows us how our own unrealistic fears, emotions and faulty assumptions are our greatest barriers to success.

Distributor: *Southern Alberta Regional Film Centre*

Jobs For The '90's (Video)

A very good introduction to the world of work and the jobs of the future. Deals with developing generic skills and how to prepare for the future. Relates to junior high health and senior high C.A.L.M. programs.

Contents: Where Do You Fit In?
The Doers and the Thinkers
The Creators and the Helpers
The Persuaders and the Organizers

Distributor: *Sunburst Communications*

Self-Image and Your Career (Video)

Focuses on two units of junior high health and high school C.A.L.M. programs — self-awareness and careers. Looks at how we develop self-concept and then how to apply our self-concept to the world of work.

Distributor: *Sunburst Communications*

PART III

AFFECTIVE/SOCIAL SKILLS RESOURCES (PROGRAMMING FOR STUDENT DIFFERENCES)

ASSET: A Social Skills Program for Adolescents

Author: J. Stephen Hazel, Schumaker, Sherman, and Sheldon-Wildgen

Publisher: Research Press

Distributor: Research Press
60 Rankin Street
Waterloo, Ontario N2V 1V9

Format: Eight films or video cassettes demonstrating eight social skills, a leader's guide, programmaterials

ASSIST SERIES: Building Self-Concept in the Classroom, Establishing a Positive Classroom Climate, Helping Kids Handle Anger, Teaching Cooperation Skills, Teaching Friendship Skills

Author: Pat King Huggins

Publisher: Educational Services District No. 121

Distributor: SOPRIS West Incorporated
1140 Baston Avenue
Longmont, Colorado
80501

Format: Four volumes, lesson guidebooks

Getting Along With Others: Teaching Social Effectiveness to Children

Author: Jackson, Jackson, and Monroe

Publisher: Research Press

Distributor: Research Press
60 Rankin Street
Waterloo, Ontario N2V 1V9

Format: Skills lessons, activities notebook, program guide

Skills for Adolescents: Fostering Skills in Responsibility, Decision-Making, Communication, Building Self-Confidence, Goal Setting

Author: Quest International

Publisher: Lions-Quest Program, Lions Club International

Distributor: Available only upon completion of the Lions Training Program

Format: Five volumes, 1 manual, student workbook, student reader, guide for parent meetings and parent reader

Skillstreaming the Adolescent: A Structured Learning Approach to Teaching Pro-Social Skills

Author: Goldstein, Sprafkin, Gershaw, and Klein

Publisher: Research Press

Distributor: Research Press
60 Rankin Street
Waterloo, Ontario N2V 1V9

Format: Two volumes - lesson guidebook, manual

SOCIAL SKILLS

Skillstreaming the Elementary School Child: A Structured Learning Approach to Teaching Pro-Social Skills

Author: Goldstein, Sprafkin, Gershaw, and Klein

Publisher: Research Press

Distributor: Research Press
60 Rankin Street
Waterloo, Ontario N2V 1V9

Format: Two volumes - lesson guidebook, manual

Walker Social Skills Curriculum: The Accepts Program, The

Author: H.M. Walker, S. McConnell, D. Homes, B. Todis, J. Walker, and N. Golden

Publisher: Pro-Ed
8700 Shoal Creek Boulevard
Austin, Texas
78758-6897

Format: One volume - guidebook and lesson plans

Canadian Distributor: Artel Educational Resources Ltd.
5528 Kingsway
Burnaby, B.C. V5H 2G2

PART IV

CATALOGUES AND LIST OF DISTRIBUTORS

The following is a list of agencies which provide a variety of guidance and counselling related materials and resources. **Contact these sources directly for an up-to-date catalogue. Details regarding procedures for purchase or loan are specified in each catalogue.** Restrictions may apply on certain resources. **Not all resources are available to counsellors living outside of the distributor's jurisdiction.**

ACCESS Network
Media Resource Centre (MRC)
295 Midpark Way S.E.
Calgary, Alberta
T2X 2A8
Phone: 256-1100
Fax: 256-6837
Audio Visual Catalogue
Audio Visual Prospectus/Night Owl Dubbing Service

Active Parenting Publishers
Suite B, 810 Franklin Court
Marietta, GA 30067-9085 U.S.A.
Toll Free: 1-800-825-0060

AIM Educational Aids
920 Plymouth Place
North Vancouver, B.C.
V7H 2J2
Phone: 1-604-985-2644

Alberta Alcohol and Drug Abuse Commission (AADAC)
Community Education Services
#803, Energy Square Building
10109 - 106 Street
Edmonton, Alberta
T5J 3L7
Phone: 427-4267
School Resources

Alberta Career Development and Employment
9th Floor, City Centre Building
10155 - 102 Street
Edmonton, Alberta
T5H 4L5
Phone: 422-1794
Career Information Catalogue

Alberta Government, Women's Secretariat
8th Floor, Kensington Place
10011 - 109 Street
Edmonton, Alberta
T5J 3S8
Phone: 422-5074

Altschul Group
930 Pitner Avenue
Evanston, IL 60202 U.S.A.
Phone: 1-708-328-6700

James Battle and Associates Ltd.
#406, Edwards Building
10053 - 111 Street
Edmonton, Alberta
T5K 2H8
Phone: 488-1362/463-2056

Canadian Test Centre
330 Progress Avenue
Scarborough, Ontario
M1P 2Z5
Phone: 1-416-293-1911

CATALOGUES/DISTRIBUTORS

Career Information Directorate
Occupational and Career Information Branch
Canada Employment and Immigration Commission
5th Floor, Phase 4, Place du Portage
Ottawa/Hull, Ontario
K1A 0J9
Phone: 1-819-953-7449

Career Research and Testing
Suite 250, 2005 Hamilton Avenue
San Jose, CA 95125 U.S.A.
Phone: 1-408-559-4945

Central Alberta Media Service (CAMS)
2017 Brentwood Blvd.
Sherwood Park, Alberta
T2A 0X2
Phone: 1-800-222-6510/464-5540

Centre for Applied Research in Education
P.O. Box 430
West Nyack, NY 10994 U.S.A.
Phone: 1-201-767-5937

Chautauqua Computer Systems
Box 1161
High River, Alberta
T0L 1B0
Phone: 652-7575

Child Abuse Research and Education Productions Association of B.C.
P. O. Box 183
Surrey, B.C.
V3T 4W8
Phone: 1-604-581-5116
Fax: 1-604-581-3307

Consulting Psychologists Press, Inc.
577 College Avenue
Palo Alto, CA 94306 U.S.A.
Phone: 1-415-857-1444

Educational Media Corporation
Box 21311
Minneapolis, MN 55421 U.S.A.
Phone: 1-612-636-5098
Canadian Distributor:
Marvin Melnyk Associates
P.O. Box 220
Queenstown, Ontario
L0S 1L0

Educom - Choices Computerized Career Systems
8422 - 109 Street
Edmonton, Alberta
T6G 1E2
Phone: 439-7447

Employment and Immigration Canada
Regional Headquarters Edmonton
14th Floor, 9700 Jasper Avenue
Edmonton, Alberta
T5J 4C1
Phone: 495-2431
Index of Employment Counselling Materials

Foothills Educational Materials
13027 Lake Twintree Road S.E.
Calgary, Alberta
T2J 2X2
Phone: 278-3175

Grant MacEwan Community College
10030 - 107 Street
Edmonton, Alberta
T5J 3E4
Phone: 441-4600

Guidance Centre
(OISE Press)
252 Bloor Street West
Toronto, Ontario
M5S 1V5
Phone (order desk): 1-416-926-4723
Fax: 1-416-926-4725

CATALOGUES/DISTRIBUTORS

Health and Welfare Canada
Health Services and Promotions Branch
Publications
5th Floor, Jeanne Mance Building
Ottawa, Ontario
K1A 1B4
Phone: 1-819-954-8576
Edmonton: 420-2630

Jalmar Press
45 Hitching Post Drive, Building 2
Rolling Hills Estates
California 90274-4297 U.S.A.
Phone: 1-213-547-1240
Toll-Free: 1-800-662-9662
Distributed by:
Slawson Communications, Inc.
165 Vallecitos de Oro
San Marcos, CA 92069 U.S.A.
Phone: 1-619-744-2299
Toll-Free: 1-800-752-9766 (orders only)

Kids Are Worth It
2222 Juniper Court
Boulder, CO 80302 U.S.A.
Phone: 1-303-444-3726

Learning Concepts, Inc.
7622 Palmerston Drive
Mentor, OH 44060 U.S.A.
Phone: 1-216-255-1107

Learning Resources Distributing Centre (LRDC)
Alberta Education
12360 - 142 Street
Edmonton, Alberta
T5L 4X9
Phone: 427-2767

Lions-Quest Canada
515 Dotzert Court, Unit 17
Waterloo, Ontario
N2L 6A7
Phone: 1-800-265-2680
Fax: 1-519-725-3118

Listening for Pleasure
25 Mallard Road
Don Mills, Ontario
M3B 1S4
Phone: 1-416-443-9310

McIntyre Educational Media Ltd.
30 Kelfield Street
Rexdale, Ontario
M9W 5A2
Phone: 1-416-245-7800

M.D.K.
15220 - 74 Street
Edmonton, Alberta
T5C 0Y7
Phone: 476-9555

Multi-Health Systems, Inc.
Suite 210, 65 Overlea Blvd.
Toronto, Ontario
M4H 1P1
Phone: 1-416-424-1700
Toll-Free: 1-800-323-3742

National Computer Systems, Inc.
4401 West 76th Street
Edina, MN 55435 U.S.A.
Phone: 1-612-893-8143
1-800-431-1421

National Film Board
Suite 120, 9700 Jasper Avenue
Edmonton, Alberta
T5J 4C3
Phone: 495-3010

CATALOGUES/DISTRIBUTORS

Nelson Canada
Measurement and Guidance Division
1120 Birchmount Road
Scarborough, Ontario
M1K 5G4
Phone: 1-416-752-9100
(Alberta contact: Bill Stewart, Calgary, Phone: 245-9346)

Northern Alberta Institute of Technology (NAIT)
11762 - 106 Street
Edmonton, Alberta
T5G 2R1
Phone: 471-7400

Operation Aware
2410 Morris Thomas Road
Duluth, Minnesota 55811 U.S.A.
Phone: 1-218-722-6923

Peguis Publishers
520 Hargrave Street
Winnipeg, Manitoba
R3A 0X8
Phone: 1-204-956-1486

Personal Computer Directions
S.R. Corporation
Box 4277, Station A
Victoria, B.C.
V8X 3X8
Phone: 1-604-386-3744

Phoenix Educational Foundation
462 Stevens Avenue, No. 202
Solana Beach, CA 92075-2065 U.S.A.
Phone: 1-619-481-2977

Pro-Ed
8700 Shoal Creek Boulevard
Austin, TX 78758-6897 U.S.A.
Phone: 1-512-451-3246

Psycan Corporation
P.O. Box 290, Station V
Toronto, Ontario
M6R 3A5
Phone: 1-800-263-3558

Psychological Assessment Resources
P.O. Box 9500
Georgetown, Ontario
L7G 4X7
Phone: 1-800-331-TEST

The Psychologist Corporation
55 Horner Avenue
Toronto, Ontario
M8Z 4X6
Phone: 1-416-255-4491
Toll-Free: 1-800-268-2132
Fax: 1-416-255-4046

Psychometrics Canada
Room 103 Student Union Building
University of Alberta
Edmonton, Alberta
T6G 2J7
Phone: 433-6467

Research Press
60 Rankin Street
Waterloo, Ontario
N2V 1V9
Phone: 1-519-747-2477

Research Psychologist Press, Inc.
266 Oxford Street E.
London, Ontario
N6A 4K3
Phone: 1-519-673-0833

Scholastic Testing Services, Inc.
480 Meyer Road
P.O. Box 1056
Bensenville, IL 60106-8056 U.S.A.
Phone: 1-708-766-7150
Toll Free: 1-800-642-6787

CATALOGUES/DISTRIBUTORS

Self-Esteem Seminars
6035 Bristol Parkway
Culver City, CA 90230 U.S.A.
Phone: 1-310-337-9222

SOPRIS West Incorporated
1140 Boston Avenue
Longmont, CO 80501 U.S.A.
Phone: 1-303-651-2829

Southern Alberta Institute of Technology (SAIT)
1301 - 16 Avenue N.W.
Calgary, Alberta
T2M 0L4
Phone: 284-8110

Southern Alberta Regional Film Centre
P.O. Box 845
Lethbridge, Alberta
T1J 3Z8
Phone: 320-7807

Sunburst Communications
P.O. Box 3240, Station F
Scarborough, Ontario
M1S 9Z9
Phone: 1-800-247-6756

Team Entertainment Education
David Blanchard
861 East Millbrook Way
Bountiful, UT 84010 U.S.A.
Phone: 1-801-298-5843

University and College Placement Association
Bureau National Office
2nd Floor, 1209 King Street West
Toronto, Ontario
M6K 1G2
Phone: 1-416-535-8126

University of Victoria
Peer Counselling Project
Box 1700
Victoria, B.C.
V8W 2Y2
Phone: 1-604-721-7812

Western Educational Activities
10929 - 101 Street
Edmonton, Alberta
T5H 2S7
Phone: 429-1086

Women's Career Resources
Alberta Career Development and Employment
9th Floor, City Centre Building
10155 - 102 Street
Edmonton, Alberta
T5H 4L5
Phone: 422-1794

PART V

ALBERTA EDUCATION CENTRES

ALBERTA EDUCATION REGIONAL OFFICES

Grande Prairie Regional Office
Zone 1
12th Floor, 214 Place
9909 - 102 Street
Grande Prairie, Alberta T8V 2V4
Phone: 538-5130 Fax: 538-5135

Edmonton Regional Office
Zones 2 and 3
6th Floor, Westcor Building
12323 Stony Plain Road
Edmonton, Alberta T5N 3Y5
Phone: 427-2952 Fax: 422-9682

Red Deer Regional Office
Zone 4
3rd Floor West, Provincial Building
4920 - 51 Street
Red Deer, Alberta T4N 6K8
Phone: 340-5262 Fax: 340-5305

Calgary Regional Office
Zone 5
Room 1200, Rocky Mountain Plaza
615 Macleod Trail S.E.
Calgary, Alberta T2G 4T8
Phone: 297-6353 Fax: 297-3842

Lethbridge Regional Office
Zone 6
Provincial Building
200 - 5 Avenue South
Lethbridge, Alberta T1J 4C7
Phone: 381-5243 Fax: 381-5734

ALBERTA EDUCATION RESPONSE CENTRE

6240 - 113 Street
Edmonton, Alberta T6H 3L2
Phone: 422-6326 Fax: 422-2039

Alberta Education Response Centre-Calgary
5139 - 14 Street S.W.
Calgary, Alberta T2T 3W5
Phone: 297-4606 Fax: 297-5157

PART VI

PERIODICALS AND CURRICULUM MATERIALS FOR GUIDANCE AND COUNSELLING

PERIODICALS

Some of the periodicals which may be of interest to counsellors include:

- Academic Therapy
- Alberta Counsellor
- Behavioral Disorders
- Canada's Mental Health
- Canadian Journal of Native Education
- The Clearing House for the Contemporary Educator in Middle & Secondary Schools
- Counselling and Human Development
- Elementary School Guidance and Counselling
- Exceptional Children
- Gifted Child Today
- The Journal - The International Association Pupil Personnel Workers
- Journal for the Education of the Gifted
- Journal of Counselling and Development
- Journal of Education Psychology
- Journal of Learning Disabilities
- Journal of School Psychology
- Learning Styles Network
- New Design for Youth Development
- Peer Counsellor
- The Pointer: Teaching Students With Learning and Behavior Problems
- Psychology In the Schools
- The School Counsellor
- School Psychology Review
- School Social Work Journal
- Teaching Today

CURRICULUM MATERIALS

There is no formal program of studies or teacher resource manuals for guidance and counselling. The following documents can be used to assist in the planning of a good guidance and counselling program.

Programs of Study

- Elementary Program of Studies - Health (1991)
- Health, Elementary Curriculum Guide (1983)
- Junior High, Program of Studies (1987 plus amendments for 1988-91)
- Health and Personal Life Skills, Teacher Resource Manual (1987)
- CALM 20, Implementation Manual for Administrators, Counsellors and Teachers (1988)
- CALM 20, Teacher Resource Manual - Core Program (1988)
- CALM 20, Teacher Resource Manual - Optional Program (1988)
- CALM 20 Course of Studies (1988)
- Senior High, Program of Studies (1991)
- Health and Personal Life Skills: Curriculum Guide (1986)
- Child Abuse Prevention: Teacher Resource Manual (1989)

ALBERTA EDUCATION DOCUMENTS REFERENCE LIST

The following materials related to guidance and counselling are produced by Alberta Education.

Alberta Education documents are available from the Learning Resources Distributing Centre (LRDC). Video resources are available from ACCESS Network.

- Guidance and Counselling Services in Alberta Schools: A Manual for School Jurisdictions Containing Policy, Guidelines, Procedures, and Sample Resource Materials (1984)
- Career Development Services for Alberta Students: A Manual for School Jurisdictions Containing Policy, Guidelines, and Procedures (1984)
- Job Search Information Guide (1986)
- Organizing an Alberta Career Day (1986)
- Report of the Advisory Committee on Computer-Assisted Career Information Systems Evaluation (1986). Contact Education Response Centre for information.
- Career Development for Hearing Impaired Students: A Manual for Use by Teachers and Counsellors (1986)
- Counselling for Hearing Impaired Students: A Manual for Use by Teachers and Counsellors (1986)
- Counselling for Hearing Impaired Students: Inservice Guide (1987)
- Suicide Prevention and Coping: A Manual for Teachers, Counsellors, and Administrators (1987)
- Understanding Depression and Suicide: Student Booklet (1987)
- My Passport to the World of Work (1987)
- Mon passeport pour le monde du travail (1988)
- Selected Guidance and Counselling Issues in Alberta (1988). Contact Education Response Centre for information.
- Video Series on Career Planning for Special Needs Students: No Limits, No Boundaries (1988)
    1) Career Opportunities: What Do You Want To Be?
    2) Career Planning: Where Are You Going?
    3) Self-Assessment: Who Are You?
    4) Occupational Research: What Can You Do?
    5) Career Planning for the Deaf: What are Your Options?
    6) Attention: Women at Work (English or French version)
- Career Development Instruments (1990)
- Job-Shadowing: An Exploration of Career Options for Junior High Students (1990)
- Guidance and Counselling Services & Programs in Alberta Schools (1990)
- Developing School-Based Guidance and Counselling Programs in Alberta Schools (1990)
- Teacher Alert System For Students at Risk of School Failure (1991)
- Alberta Education Policy on Guidance and Counselling (1991). Alberta Education Policy Manual.
- Resources for Special Education and Guidance & Counselling (1991)

PART VII

CONCLUSION

This overview of program and monitoring resources for elementary, junior high and senior high school guidance and counselling programs is intended to assist school districts in examining the role and function of their school counsellors and their various program dimensions. When monitoring your current program and/or establishing new initiatives, the following references may be useful:

- School Jurisdiction Policy
- School Philosophy/Procedures
- School's Role Description for Their Counsellor(s)
- Evaluation Procedures

Information on guidance and counselling issues, programs and this monograph is available from the **Regional Offices of Alberta Education** (p. 41) and the **Coordinator of Guidance and Counselling** at the Education Response Centre, 6240 - 113 Street, Edmonton, Alberta, T6H 3L2; Telephone: 422-6326.

PERSONAL RESOURCES/CONTACTS

Alberta
EDUCATION